

every fortnight

# the newham mag

issue 166 // 20 March 2009

> This fortnight's free  
What's On listings

> Newham's  
news in pictures

> Kids' Corner – win  
a meal for four

## Housing boost for Newham

Good news for council tenants – Mayor's pages

## How green are you?

Resident Jeanette Leahy's recycling habits

## Meet the Wombles of Newham

Focus on recycling team





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When it comes to reducing your waste, orange is the new black. In this issue we tell you all you need to know about recycling from free green garden waste collections (page 15) to what you should and shouldn't put into your

orange bag (page 20). On page 16 meet Jeanette Leahy, a resident who has embedded the reuse, reduce and recycle ethos into her everyday life. On page 18, learn more about how diverting goods from landfill can help people like you. Enjoy the read.

Anita

**Don't forget** – Free inside this issue, In Focus, containing news and events from Beckton, Manor Park, Plaistow, Stratford and West Ham and Green Street community forums.

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## IN BRIEF //

### **Newham housing allocations lawful**

The council's policy of giving people on its housing waiting list priority based on how long they have been registered has been declared as lawful. The decision overturns the Court of Appeal decision of February 2008. Read more on pages 8 and 9.

.....

### **Closure of community centre**

Vicarage Lane Community Centre is temporarily closed for refurbishment until June. See Stratford and West Ham In Focus for changes to councillor surgeries that were held at this venue.

.....

### **Fairtrade Fortnight finale**

Fairtrade Fortnight went out with a bang at THE hub in Canning Town with a South American themed event. Councillor Neil Wilson, executive member for equalities and social inclusion, joined residents for salsa dancing, healthy South American food and an opportunity to buy Fairtrade goods, such as bags, clothes, jewellery, cards, chocolate and gifts.



Cllr Neil Wilson and Young Mayor Joshua Adejokun join Cllrs Pearson Shillingford and Clive Furness



## **Newham leads country on Young Mayor initiative**

Young Mayor Joshua Adejokun led a delegation at a meeting with Hazel Blears where she announced a £2 million nationwide investment in the Young Mayor initiative. Joshua, 15, has worked closely with the Government to influence the strategy for greater community participation in local decision-making.

The delegation was brought together by the Young Mayor Network, which is led by Newham. Joshua said: "We have been working closely with the Department for Communities and Local Government, sharing with them our achievements and telling them how we have made a difference to the lives of local young people in Newham."

The Young Mayor of Newham's message to the Government is clear: directly elected Young Mayors are a driving force of positive change in local authorities, with a popular mandate which rivals their elected adult counterparts. Voter turnout in Newham's 2008 Young Mayor election was 43 per cent, counteracting the recent trend of declining participation in municipal elections.



Hazel Blears MP and Young Mayor Joshua Adejokun

## **Tribute to former councillor Bill Dunlop**

Flags at Newham's Town Halls in East Ham and Stratford were at half-mast on 16 March to mark the funeral of former councillor Bill Dunlop, who died on 2 March.

Bill served twice on the council; first in 1964 for the former Custom House and Silvertown ward for three terms until he stepped down in 1974. He was re-elected in 1978 for the former Bemersyde Ward, which he represented until his retirement in 1986.

Bill served on a range of committees and received a Civic Award from the council in 2004 to mark his community work.

Mayor Sir Robin Wales and Canning Town councillor Pat Holland expressed their condolences to Bill's friends and family on behalf of Newham Council.







# News

## G20 Summit comes to Newham

World leaders will gather at the ExCeL exhibition centre in Royal Docks on 2 April for the one-day G20 economic conference to discuss stimulating the global economy.

G20 is an excellent opportunity to show what can be achieved in Newham as host borough for the 2012 Games.

Security implications for the event mean there will be some disruption for residents and businesses in the area from 31 March.

Residents at the western end of ExCeL are expected to have to pass through cordons at some point. To enable the quickest possible access to homes, police

have asked people to carry two forms of identification, one of which must be photographic.

Supt. Gary Buttercase from Newham Police said: "We appreciate the significant implications this will have on local people. We have tried to keep residents informed and we are also working with ExCeL, the council, businesses and community groups to the same end."

The pedestrian areas closest to ExCeL will be closed from 00.01 on 1 April to 23.59 on 2 April. These include the Royal Victoria Dock footbridge, the

route from Custom House DLR station to the footbridge and the route from Royal Victoria DLR station to the edge of the dock. Both DLR stations will be closed on 2 April.

The council has been assured by police that everything possible will be done to prevent inconvenience. They say they will deal with any protestor activity or criminal or anti-social behaviour, appropriately and proportionately as a matter of urgency. They have also given assurances that local policing elsewhere in the borough will not be affected.



## Older residents Step into Spring

More than 700 residents flocked to the Old Town Hall, Stratford, for the free Step in to Spring event. The day provided over 50s with the opportunity to talk to representatives from more than 40 council services and local organisations, including Newham PCT, Age Concern, Warmzone, Newham Homes, GLL, Pensions Service, Newham Carers, Diabetes UK, Newham Stroke Club, East Potential and the Newham Branch of the Alzheimers Association.

Fifty-seven older people took part in a walk to the Olympic Park, while 14 residents took part in the Plant for Life Container Competition, showing off their green-fingered skills. Executive member for community forums, Councillor Richard Crawford, judged entries and presented three trophies and two medals. Cllrs Joy Laguda, Jo Corbett and Abdul Shakoor also mingled with visitors.



(l-r) Cllrs Richard Crawford, Jo Corbett and Joy Laguda meet residents at Step into Spring



# NEWS // IN PICTURES

Spring blooms in Newham.  
First shoots in Central Park,  
East Ham.





Things heat up – salsa style – at Canning Town's The hub for the conclusion of Fairtrade Fortnight.



Meloney Kawoa, 7, enjoys a fruit kebab at the Manor Park community forum health event.



Women celebrated at Old Town Hall, Stratford, during International Women's Day.



Scouts honour – medals await the winners of the swimming gala at East Ham Leisure Centre.

# Housing matters



## Rent decision

As a council we want to ensure that our approach to housing supports people into jobs and results in truly mixed neighbourhoods.

The recession package, which we

launched recently to lessen the financial hardship you face, is also aimed at helping you to stay in your homes.

We already have the lowest Council Tax in Outer London and this year there will be no increase at all. Now there is even more good news with

the Government's decision to cut the recommended rent increase for council tenants.

I was deeply concerned by the possibility that rent might have to increase to a point where it would deeply and unfairly burden our hard working families.

After much lobbying by us, supported by other local authorities, I was delighted by the Government's decision to halve the recommended level of rent increase.

“When times are hard, people look to us and their government to give them a helping hand. I encourage you therefore to find out about every type of benefit you are eligible for and to take them up if you are entitled to them.”

We have many council tenants and I applaud the Government for the way it has listened to our concerns and that Housing Minister Margaret Beckett has taken such exceptional action to help tenants this year.

When times are hard, people look to us and their government to give them a helping hand. I encourage you therefore to find out about every type of benefit you are eligible for and to take them up if you are entitled to them.



# Mayor's view



## House of Lords success

The other news that cheered me was a decision from the House of Lords, which ruled that our policy of giving people priority based on the length of time they have been on our housing waiting list is not illegal.

We were one of the first authorities to introduce a choice-based letting scheme where applicants in housing need bid for the properties of their choice.

We were taken to court however over the way we allocate available council housing, but the Law Lords ruled that our position on waiting time could not be challenged.

Housing allocations have to be both fair and seen to be fair. We firmly believe the choice-based scheme meets the needs and demands of people in Newham. It gives residents a wider choice of properties to choose from and is also a much simpler system to understand.

We have long argued that councils should have more say in the way housing is allocated because we better understand the needs of our residents.

**“I believe our choice-based scheme helps to make the process a lot easier to cope with because people know exactly where they stand.”**

We have a long housing waiting list. I believe our choice-based scheme helps to make the process a lot easier to cope with because people know exactly where they stand and that they are gradually moving up the list.

# Reduce, reuse and recycle

As you turn the pages of The Newham Mag you'll see the theme of this issue is recycling. We've improved the orange bag scheme, doubling the number we deliver where needed, and made it easier for you to collect more by making extras available in libraries and local service centres. We're here to help you get it right, so we save as much as we can from landfill and meet our self set target to increase the amount we recycle to 27 per cent by 2011.

Whilst recycling is important, just reducing the amount of waste you produce goes a long way. An easy first step is to ditch plastic for reusable bags. Where things may be reused, not necessarily by you but perhaps someone else, it's always a good idea to pass them on. We've got a real challenge on our hands but by working together we'll achieve our targets and help make Newham more environmentally conscious.



Younger residents can reuse household items in everyday play

Being one of the few elected mayors, I am directly accountable to you. You can meet me and discuss any issues that you think I can help with. To find out more visit my website at [www.newham.gov.uk/mayor](http://www.newham.gov.uk/mayor) or call 020 8430 2107 to find out where I'll be.

# with Sir Robin Wales

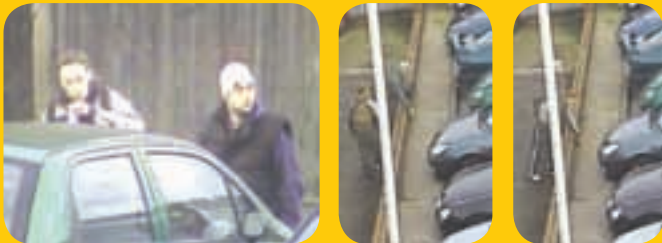


# HELP KEEP OUR STREETS LITTER FREE



We're serious about cleaner streets and are doing all we can to make our borough better. We have more street cleaners out and about for longer hours. You tell us you want cleaner streets – here's how you can help.

Our CCTV cameras have noticed the following people shamelessly littering on our streets. Can you identify anyone pictured? If so, do the right thing and call **0800 731 3300** with any information on the identity of these litter louts, quoting the reference number.



Friday 13 February was unlucky for this pair caught on CCTV dropping their drink cans over a wall in Aviary Close in Canning Town. Can you help identify them? **Call and quote 197205**



Littering is thirsty work for this man, who blatantly places his can beside a bench in Romford Road, Manor Park, on Wednesday 18 February. Do you know who he is? **Call and quote 197432**



For some people, once is never enough. This man drops litter twice in Pilgrims Way, East Ham, on Thursday 26 February, oblivious to the eye in the sky. Can you help identify him? **Call and quote 198011**



This man ignorantly throws the contents of his plastic bag into a resident's front garden in Windmill Lane, Stratford, on Sunday 1 March. Can you help? **Call and quote 198263**

... Did you know? Last month the council issued 26 fixed penalty notices for littering



# Easter Bunny Hunt

11 April 2009

11:00 - 15:00

Bow Creek Ecology Park, Bow

FREE

Come and join us on our special bunny hunt!



Wonder along our nature trail, try your hand at pond dipping, go hunting for bugs and complete the quiz.

An ideal event for all the family to join in, discover and explore this wonderful hidden oasis.

For more information call 08456 770 600 or visit [www.leevalleypark.org.uk](http://www.leevalleypark.org.uk)



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(Plaistow & Stratford)

Evenings

(5.30 pm - 7.30 pm)

23 & 25 Mar (Plaistow)

24 & 26 Mar (Stratford)

Plaistow - Prince Regent Lane E13 8SQ  
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Stratford 379-381 High Street E15 4QZ  
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## The London Summit 2009 Stability, Growth, Jobs

Notice is hereby given under the Management Regime of Public Areas, within the ExCeL London site, that the Public Protected Routes of Royal Victoria Dock and the Royal Victoria Dock pedestrian footbridge will be closed on the dates and times detailed. The closure periods reflect ExCeL's London and RODMA's (Royal Docks Management Authority) collective desire to minimise any inconvenience to the local community and residents.

Route	Closed Period
Custom House DLR Station to RVD Bridge	1st April - 2nd April 00.01 - 23.59
Royal Victoria Dock Footbridge	1st April - 2nd April 00.01 - 23.59
Dock Edge Public Realm from Corniche to Connaught Cut	1st April - 2nd April 00.01 - 23.59
Royal Victoria DLR station to Dock edge	1st April - 2nd April 00.01 - 23.59

If you have any query relating to the above Public Protected Route closures please email - [info@excel-london.co.uk](mailto:info@excel-london.co.uk)

[www.excel-london.co.uk](http://www.excel-london.co.uk)





# Your recycling, sorted

**Jenkins Lane Reuse and Recycling Centre (RRC) in Beckton is challenging the stereotype of the traditional rubbish tip. The dumps of yesteryear have been replaced by a modern and organised facility which makes it easier to get rid of your unwanted goods. From glass to garden waste, everything has its place at Jenkins Lane.**

One of the council's key priorities is to increase recycling and reduce waste. As well as the things that are accepted in your orange bag, here is a list of some of the more unusual things you can recycle at Jenkins Lane.

**Paint:** If you have half a pot or more of paint, it can be deposited at Jenkins Lane; the cans are donated to community organisations.

**Hardcore and rubble:** Building materials, including bricks, stones, concrete and breezeblocks, can be deposited at Jenkins Lane.

**Soil and sand:** Clean soil and sand is accepted at the site, as long as bricks and stones are removed.

**Ceramics:** Tiles, porcelain toilets and sinks are all welcome for deposit.

**Large appliances:** Washing machines, dryers, dishwashers, fridges and freezers are all accepted, as well as TVs and monitors.

**Cartons:** Although not accepted in the orange bag, waxed cardboard containers used for milk and juice, can be deposited. These are sent to Tetra Pak, the manufacturers, for recycling.

**You can also recycle these items at Jenkins Lane:** fluorescent tubes, printer cartridges, shoes and textiles, aluminium foil (free from food), cardboard, tyres, car batteries, used engine oil and cooking oil.

Jenkins Lane RRC is situated at Jenkins Lane, Beckton, and is open daily from 7.30am to 5.45pm. Newham residents can use the site for free but make sure you take proof of address with you. It is recommended that you take your waste to the site by car but the centre is also served by the 325 bus. For details of all materials accepted at the site call Shanks East London on: **0800 389 9918**.

❖ Did you know? Newham Council aims to recycle or reuse most of the waste you deposit at Jenkins Lane

# Children speak up at Citizenship Week

A behind the scenes look at Stratford Magistrates' Court, a debate knockout competition and an audience with author and Children's Poet Laureate, Michael Rosen, are just some of the experiences shared by children from Newham primary schools during this year's Citizenship Week now in its eighth year.

More than 6,000 children took part in events and activities centred around the theme of 'Children like me', which drew on their experiences in school, the local community, the UK and around the world. The aim of the activities was to give pupils a better understanding of their local and wider community and what it is to be a good citizen.

Other activities this year included Question Time, where pupils quizzed a panel of guests, including Young Mayor Joshua Adejokun and the Youth Council, and a poetry competition, launched by Tate & Lyle, which tasked all pupils to write persuasive poems, with older children reflecting on 'what it is to be British'.

## Some of the comments from children included:



Shiv, 10, from Ranelagh School said: "I learnt that we all need to be together and respect each other."

Stefan, 11, from Calverton School, was runner up in a debate held in Newham Town Hall's Council Chamber. He said: "It's been a great experience, I liked meeting Michael Rosen and looking at what other people have



achieved. I learnt that all children have talents."

Christine, 11, from Curwen School, Plaistow, visited Stratford Magistrates' Court and the police cells. She said: "Afterwards I understood more about the law, before I really didn't know much about what happened."

"I like that Michael Rosen has other ways of expressing his feelings about different people and ways of explaining how we feel about being British such as poetry and song. "I've really enjoyed taking part."



## The following schools all took part in Citizenship Week:

Britannia Village School, E16, Calverton Primary School, E16, Curwen Primary School, E13, Drew Primary School, E16, Grange Infant School, E13, Hallsville Primary School, E16, Keir Hardie School, E16, Manor Primary School, E16, Ranelagh Primary School, E15, Rosetta Primary School, E16, St Helen's R.C. School, E13, St Joachim's R.C. Primary School, E16, Scott Wilkie Primary School, E16, Star Primary School, E16, St Edward's R. C. Primary, E13.



Michael Rosen at Newham Town Hall



**Spring is just around the corner and our parks and open spaces are bursting with colour. Whether you're preparing hanging baskets, getting seed beds ready or mowing the lawn make sure you take advantage of the council's free green garden waste collection.**

The green garden waste collection is an eco-friendly way to get rid of almost anything that you'd find growing in a typical garden or allotment. The scheme accepts hedge cuttings, leaves, grass cuttings, twigs, branches, weeds and more free of charge. Deputy community executive member for the environment, Councillor Pat Sheekey said: "As well as diverting waste from landfill, green garden waste collected by the council is turned into compost, which is available to buy from Jenkins Lane Reuse and Recycling Centre."

### Get composting

If you're a keen gardener why not invest in a home composter? These are available to Newham residents at a reduced rate and from as little as £4. As well as green garden waste, you can compost kitchen scraps such as fruit and vegetable peelings, tea bags and egg shells in your home composter. Your garden will benefit from home composting too, as you'll have an endless supply of great soil fertiliser to feed your plants and shrubs.

### Go green

If you'd like a green garden waste collection, place your garden waste in untied refuse sacks not in your orange bag, and call 020 8430 2000 to make a booking. You should put out your garden waste by 6am the day of your collection on the boundary of your property, but not on the street.

You can purchase a discounted compost bin or water butt, with no delivery charge,

by calling 0845 130 6090 or going online and visiting [www.newham.getcomposting.com](http://www.newham.getcomposting.com) where you can also find handy tips on how to make the best compost.

### WIN!

We have two composters and two water butts (rain water collector) to give away. For your chance to win one tell us three things that can be recycled in your green garden waste collections. Send your answers to [newham.mag@newham.gov.uk](mailto:newham.mag@newham.gov.uk) or **Newham Mag, Newham Town Hall, Barking Road, E6 2RP** before 3 April.

You can buy a discounted compost bin or water butt from as little as £4 by calling 0845 130 6090 or online by visiting [www.newham.getcomposting.com](http://www.newham.getcomposting.com) where you can also find handy tips on how to compost.

# FREE GREEN GARDEN WASTE COLLECTION



# Green garden waste collection scheme

Compost your flowers, weeds, grass cuttings, leaves, twigs and small branches using the green garden waste scheme.

For more information or to book a collection please call Newham Council on 020 8430 2000 or visit the website [www.newham.gov.uk](http://www.newham.gov.uk)





# Could this be Newham's greenest resident?

**Meet Jeanette Leahy. She's possibly one of Newham's greenest residents. She recycles all she can in her orange bag and the rest goes to the recycling bring bank site or in her green waste collection box. She invited the Newham Mag to her home in Beckton for a look at her lifestyle.**

## Recycling - get the whole family involved



Recycling doesn't have to be a chore – get the family involved. Jeanette

said: "I always encourage the kids to recycle. I get them to sort their rubbish so it doesn't all go in the bin."

"If you don't recycle, you can reuse a lot of what you throw away. So many things you throw out could be used at home for play or passed onto a school for craft sessions. At home, we make robots and rockets from milk cartons and clean detergent bottles; when the kids have finished with them they go into the orange bag."

## Book a free green garden waste collection

Jeanette keeps her green garden waste aside for collection. She said: "I have a box where I collect stuff that can be composted or collected free by the council."

The green garden waste collection accepts grass cuttings, leaves, trimmings, small branches, flowers and more. Jeanette added: "If you want to compost all you need is a hole in the ground and a piece of old carpet."



## Breathe life into old objects



Jeanette has saved many items from the skip, including her conservatory roof. She said: "I hate waste and when I see something I think 'gosh, I could do

something with that' so I do. I've found medicine cabinets that I've changed into CD or DVD racks for the kids, using lolly sticks for the grooves, and have made go-karts using wheels of old prams; my son even built a bike from scratch."

"People often only see things as junk whereas I see what I can do with it."





Jeanette with son Ibrahim

### Are you a recycling champion?

Take our quick quiz to find out.

1. What statement best describes you?
  - a. I recycle everything I can in my orange bag and take the rest to Jenkins Lane or to my nearest recycling bring bank
  - b. I recycle when I can be bothered
  - c. I use my orange bag as a bin bag
2. Which of these cannot be recycled in your orange bag? (If you're not sure check on page 20)
  - a. Plastic detergent bottles
  - b. Cardboard (brown corrugated)
  - c. Newspaper
  - d. Tin
3. Which of these services does the

- council offer free of charge?
- a. Green garden waste collection
  - b. Bulky item removal
  - c. Holidays abroad

#### answers

1. a – 5, b – 3, c – 1
2. a – 0, b – 5, c – 0, d – 0
3. a – 5, b – 5, c – 0

### How did you score?

**15 or more** – You're doing all the right things and are well on your way to becoming a green champion. Spread the word and encourage your friends and neighbours to follow your great example.

**10 or less** – Your recycling efforts are good but could be better. Try to remember what goes in your orange

bag and make trips to your nearest bring bank to boost your green credentials. Swot up by reading our special features in this issue or get help and advice by calling 020 8430 2000 or visiting [www.newham.gov.uk/recycling](http://www.newham.gov.uk/recycling)

**5 or less** – You've not yet quite grasped the importance of recycling but it's never too late to make a change for the better. Take a step in the right direction by reading our special features in this issue, visit [newham.gov.uk/recycling](http://newham.gov.uk/recycling) or call 020 8430 2000 for help and advice.

### Do you live a greener lifestyle?

If so, we want to know about it. Contact us with your story, details are on page 3, be an example to others and be featured in the Newham Mag!



Michelle can be described as a jack of all trades. Not afraid of a hard day's work, she's a driver, collects and delivers goods and deals with requests from the public. A former lorry driver for Parcel Force in Canning Town, when the depot moved to Leicester she was out of a job. Around the same time her marriage broke down and she became a single parent. That's when she came across the Wombles, who helped her by providing her with furniture for her new home. After hearing they needed an additional driver she put herself forward, got the job and has never looked back.

The Wombles' primary aim is to divert waste from landfill and reuse or recycle

whatever they can. Residents donate a range of items, from furniture to crockery, clothing to toys. Everything is passed on, free of charge, to those most in need – individuals referred by the council, community groups, charities and even schools. They also help the council by reporting fly-tips and assisting with the collection of fridges and green garden waste.

Michelle's job isn't just limited to deliveries and collections. As part of her work she regularly tackles removals and house clearances, helps out with community projects and has even gritted pathways for the borough's older residents during the recent bout of heavy snow. She said: "The Woodman Community Centre

in North Woolwich asked us to help them do up their garden. We asked around for volunteers who helped lay decking at the centre; we even made plant pots out of old railway sleepers."

The Wombles work largely on a referral basis. People in need can request a form from them, or charities and social services recommend the service to those most in need. Michelle explained: "Recently we furnished a property for a recovering alcoholic, who had been clean for three-and-a-half years. He'd had nothing in his flat and once we'd finished he was so overwhelmed he was in tears." The team also regularly helps women who have

# Making good use of bad waste

As the saying goes, one man's junk is another man's treasure and it's this ethos that is at the heart of The Newham Wombles. Also known as Newham Community Recycling, the not-for-profit organisation is in its tenth year. We speak to Womble Michelle Reeves to find out more about the organisation which is saving the environment and enhancing the lives of Newham's needy.





**“ We do offer to give their place a lick of paint, do minor odd jobs or help them out in anyway we can.”**

been victims of domestic violence and people on low incomes. Michelle added: “It’s sad when you go into someone’s home and see the state some people live in. We do offer to give their place a lick of paint, do minor odd jobs or help them out in anyway we can.”

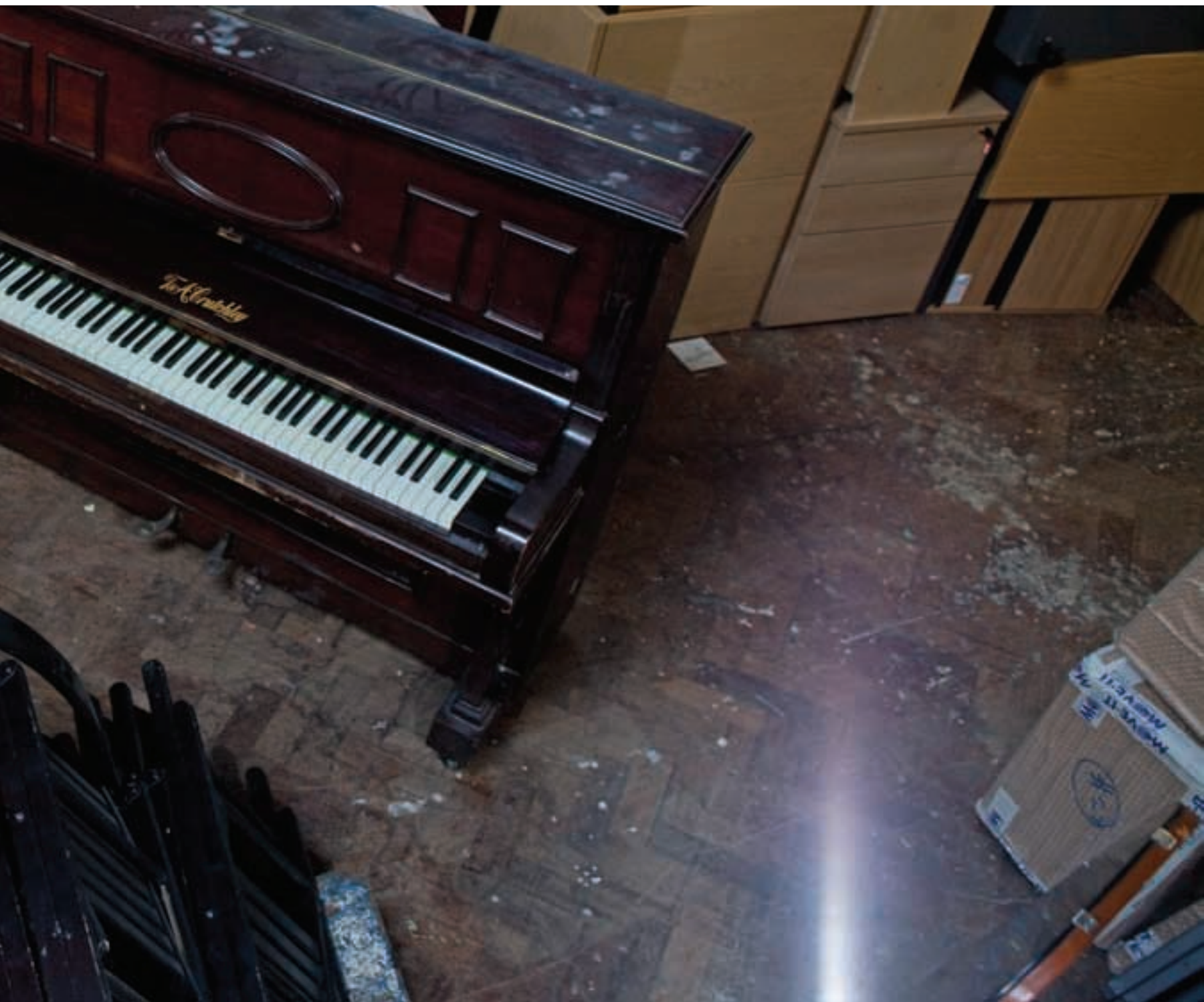
The items collected by Michelle

and her colleagues are deposited at a warehouse at the Wombles’ base in East Ham’s Didsbury Centre. The relatively large space is dwarfed by the treasure trove of items which are stacked as high as the ceiling. Bedsteads, sofas, lawnmowers, books, wardrobes, records, pool tables, pianos – the list is exhaustive but fascinating. They have a secondhand clothes store, open every Friday from 10am – 1pm, where most items are 10p. Even the Didsbury hall, available for hire, has reaped the benefits of reuse, with a newly installed bar, reclaimed from a pub in Silvertown.

Starting as early as 7.30am, Michelle

and her colleagues service Newham schools, collecting their paper and cardboard for recycling, and can make around 12 pick-ups daily. Michelle says: “You’d be surprised what people don’t want and whatever you don’t want to get rid of we’ll take off your hands.” So if you’ve got something you think could benefit someone else, give Michelle a call.

**If you have goods that you’d like the Wombles to take away for free call 020 8552 1767 or email [recycling@hotmail.com](mailto:recycling@hotmail.com)**  
The clothes shop is open every Friday from 10am-1pm at the Didsbury Centre, Didsbury Close, East Ham.





# WHAT'S IN YOUR BAG?





We want to make it as easy as possible for you to recycle your rubbish. That's why we give you orange bags to fill and put out with other waste. While we process a lot of your other household waste, some of it ends up in landfill, but recycling gives your old tin cans, paper and other packaging a new lease of life.

But if you put the wrong kind of waste in your orange sack, or if you don't clean it properly, the entire contents are contaminated and treated as normal rubbish – wasting all of your good work. Now that should never be a problem again; just pull out these pages and use them as a handy guide to becoming an orange sack superstar!

## YES PLEASE

### TIN



Empty drinks cans and clean tins, including sweet and biscuit tins

### PAPER



Mixed paper and card, including phone directories and thin cardboard, eg cereal boxes

### PLASTICS



Emptied and rinsed out plastic bottles, including plastic milk and detergent bottles



## NO THANKS

Anything else, for example glass bottles, tin foil, corrugated or thicker cardboard, yoghurt pots, organic waste or carrier bags should not go in your bag.

- 1** Glass: take this to your bring bank
- 2** Cardboard and aluminium foil: take these to Jenkins Lane RRC
- 3** Plastic bags: these are accepted for recycling at most supermarkets
- 4** Polystyrene, plastic and yogurt food containers: place these with your general waste.

Take any recyclable items such as glass bottles, aluminium foil, paint and car batteries to the Jenkins Lane Reuse and Recycling Centre, Jenkins Lane, Beckton – see page 12. Remember to bring proof of residence in the borough. For more information on what can be recycled at the centre call 0800 389 9918 or email [frog.island@shanks.co.uk](mailto:frog.island@shanks.co.uk)



# Breast screening saves lives

If you're a woman aged 50 or over and live in the borough you may have been invited to attend breast screening by Newham Primary Care Trust. Suriya Ahmed is in her sixties and has been screened for breast cancer. She spoke to the Newham Mag to dispel the myths about the screening process in the hope that she can encourage more women not to ignore an appointment which could save their life.

Suriya was born in Pakistan but has lived in Newham for more than 40 years. She has no history of breast cancer in her family, but still attended her breast screening appointment. She said: "I thought it is better to be safe and know the state of my health, so I decided to attend. There is this fear - some women are worried that if they attend breast screening, cancer might be found. If cancer is found in time, treatment can begin." Despite her initial nervousness she felt comfortable during her screening and now attends an appointment every three years.

Suriya was keen to point out that the radiographers who carry out the screening are women. She commented: "Some women may be prevented from attending breast screening by their family because of religious or cultural reasons. This is a life-saving campaign. No matter what your religion, if you're invited for breast screening you should definitely attend. Breast screening saves lives. This is such an important issue and I feel that local communities

including mosques, gurdwaras, temples and health centres should help to raise awareness."

As well as a call to communities to spread the word about breast screening Suriya is doing all she can to raise awareness. She explained: "I belong to Behno-Ki-Millan, which is a local support group for isolated women, who meet at the Trinity Centre, Manor Park. I am also the vice-chair of the Newham Asian Women's Project and a member of the Older People's Reference Group. There are many survivors of breast cancer

at Behno-Ki-Millan and I try to raise awareness of breast cancer whenever possible.

"My advice to women is if you receive a letter inviting you for breast screening, please do not ignore it - make sure you attend as breast screening can save your life."

You can get information about breast screening from your GP or practice nurse. If you've missed a breast screening appointment call the Central and East London Breast Screening Unit (CELBSS) on **020 7601 8305**.

Newham **NHS**  
Primary Care Trust

NEWHAM MAG ADVERTORIAL

# Fostering

*Change a child's future*



Call Newham Fostering and Adoption Service  
on 0800 0130 393 to find out more.

[www.newham.gov.uk/fostering](http://www.newham.gov.uk/fostering)



# Put some bounce into your spring

No sooner have we shed those extra Christmas pounds than Easter rolls round again. Combat the effects of all those chocolate eggs with the council's exciting programme of spring activities. Executive member for culture, Councillor Jo Corbett, said: "There's so much to do this spring. Make sure you don't miss out – check the council's listings online if you don't see something here. There's sure to be something for you to enjoy." For listings of what's on in Newham, turn to page 35 or visit [www.newham.gov.uk/whatson](http://www.newham.gov.uk/whatson)

## Make a splash

The council's Watersports Centre on Tidal Basin Road in Royal Docks will be holding open sessions on the weeks beginning 6 and 13 April from Monday to Thursday, 10.30am-12pm and 12.30-2pm, for ages 8 and over.

Come along and see what takes your fancy from a wide range of waterborn sports including sailing, bellboating, canoeing and raft building. You don't need any skill or experience of watersports; you just need to be confident in the water. Call 020 7511 2326 for more information.

## Wonderful wandering

Newham's organised walks can show you all the budding joys of spring. The programme of walks isn't confined to Easter, but here's a taste of what's happening over the coming weeks:

- > Sydenham and Dulwich – Thursday 26 March. Meet at Stratford Station at 9.15am. You need a travelcard or Freedom Pass. Distance: five miles, some hills. All day event.
- > Hanningfield, Essex to see the Bluebells – Saturday 4 April.





Meet at Newham Town Hall, opposite East Ham College, at 9.15am. Small charge of £2.50.

- Gillingham, Kent (Saxon Shore Way) – Saturday 9 May. Meet at Newham Town Hall, opposite East Ham College at 9.15am. Small charge of £2.50.

If you love walking, why not become a walk leader? Try our free one day training on 22 April at Beckton Community Centre. Contact Paula Peaty on 0208 430 3909 to book a place.

### Spring into action

Until 3 May, if you live in Newham and are aged over 16, you can enjoy free swims on Saturdays and Sundays at any of Newham's four leisure centres.

If you haven't already got one, register for a Leisure Options card at any Newham Leisure Centre. They are free –

all you need to bring with you is proof of age and something with your name and address, to prove you live in the borough, for example, a recent utility bill. If you are entitled to receive the concessionary rate please bring appropriate documentation.

You'll need to present the card every time you want to swim. Contact your local leisure centre details below, for swim times or visit [www.gll.org](http://www.gll.org)

### Eggcellent entertainment

Council partner and reliable source of cultural wonders, Stratford Circus, has some fun in store on Easter Sunday. Restaurant Circus Eats will also be hosting an Easter egg hunt for children aged 2-6 in the main auditorium space. Children must be accompanied by an adult during the egg hunt. There will also be a traditional roast lunch menu.

Getting with the recycling theme, Stratford Circus is also staging a puppet

show for children aged over 3, The Tin Forest. The show is about an old man who lives in a dreary junkyard, full of broken and unwanted junk that comes to life. The show will be on Saturday 4 April at 3pm. Tickets cost £5. Box office hotline 020 8279 1015.

Theatre Royal East in the Stratford Cultural Quarter always has an exciting programme of shows. Check the website for more details: [www.stratfordeast.com](http://www.stratfordeast.com)

For children up to 11, Discover story making centre in Stratford offers new and inspiring experiences. Visit the website for details: [www.discover.org.uk](http://www.discover.org.uk)

Don't forget, there's loads more going on. Check What's On on page 35 or visit [www.newham.gov.uk/whatson](http://www.newham.gov.uk/whatson)







# Improved maternity services in Newham

**Giving birth can be one of the most stressful and the most joyful times in a woman's life so it's important that pre- and post-natal maternity care for our mums in waiting is of the highest standard.**

The past year has seen significant changes in the maternity and newborn services at Newham Hospital. So far, the teams have increased the number of hospital matrons from two to four, are on target to recruit 30 additional midwife posts, have employed two additional consultants and are working more closely with the anaesthetic and paediatric teams.

A specialist ward has been opened for women who need to be induced for labour or require specialist care following delivery. The home birth service has been reinstated, giving women more choice about where their child is born. In addition, enhanced

services have been developed for women with medical conditions such as diabetes, thyroid problems, mental health problems or HIV, which can complicate pregnancy, as well as full antenatal screening for all women referred by 11 weeks.

## Looking to the future

Improvements to the service aren't just restricted to the hospital; Newham Primary Care Trust has been working to improve community based services too. Early next year five community based midwifery teams, four within Children's Centres and a fifth team responsible for homebirths, will be available across the borough. The first team was set up last year and is based in Stratford's training centre, Newtec. The eight midwives and two maternity care assistants provide antenatal and postnatal care for women living in E15 and parts of E7 and E13.

## Comments from new mums at the hospitals

On the Neonatal Unit: "My son was born at 31 weeks. His care up until discharge has been fabulous. Staff have been friendly, supportive and extremely professional. I've been shown how to breastfeed, given help with general care eg bathing and medication aid and attended a helpful parenting workshop."

On the Larch Ward: "I think that the staff on Larch Ward are wonderful. They really looked after me during my stay in hospital. They attended all my wants and needs. They deserve more credit than they are given; they did an excellent job."



...❖ **Did you know?** Next year there will be five midwife teams located in the community

# NEWHAM SERVICES FORUM

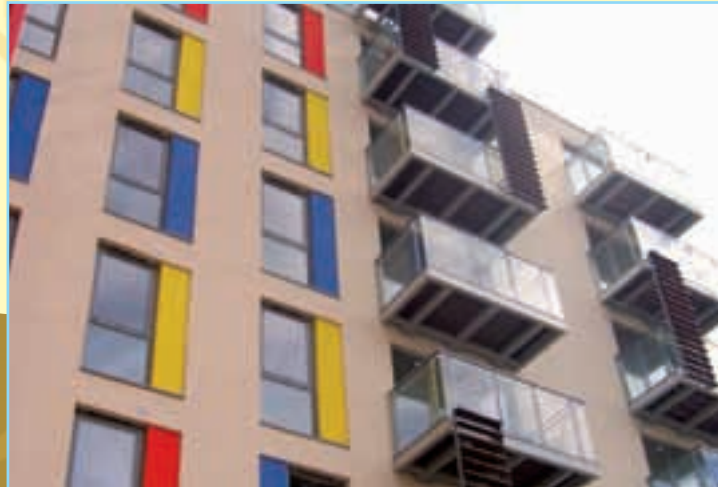
TO ADVERTISE IN THE NEWHAM SERVICES FORUM PLEASE CONTACT JULIE MADELL ON 07890 529 090

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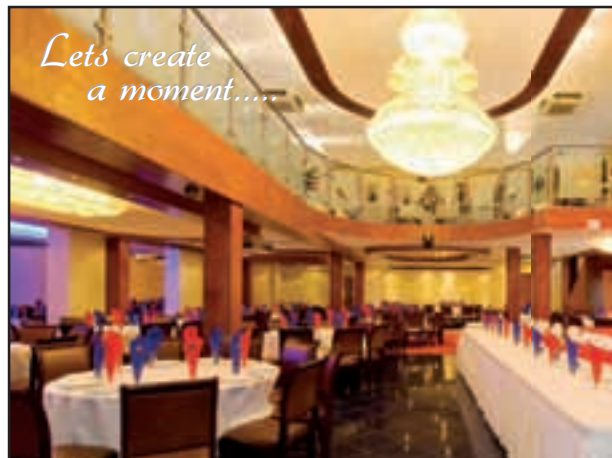
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To advertise here call Julie Madell  
on 07890 529 090 or email  
[julie.madell@newham.gov.uk](mailto:julie.madell@newham.gov.uk)



# Young people Get Ahead

The council puts Newham's young people high on its agenda. It's one of our key priorities to help them to learn in different ways and work towards different types of qualifications and skills. Hosting the London 2012 Olympic and Paralympic Games provides so many opportunities for our young people to do this.

Now Newham school leavers are being offered the chance to apply for an exciting scheme that will see young people placed in permanent positions working for the London 2012 Organising Committee of the Olympic and Paralympic Games (LOCOG) in Canary Wharf.

**Are you leaving school this year and want to get involved with the Olympics? This could be the perfect opportunity for you.**

.....

LOCOG has begun its search for ten school or college leavers aged between 16 and 18 to join the organisation.

The school leaver employment programme, called Get Ahead, will see the new recruits join the LOCOG workforce in August 2009. The successful candidates will take up placements in two different departments before being placed in a permanent position.

If you're worried that your results may not be all A\*s, don't be: LOCOG is not necessarily looking for the "best of the best" academically. What you need to demonstrate is your motivation for the work and all of your

experience, in school and out.

You could end up working in the legal, marketing, communications, venues, sport, culture, strategy, education, human resources or operations teams. The young people who are appointed will receive a competitive salary and the opportunity to study for further qualifications that are relevant to the permanent position they take up.

Executive member for the Olympics, Councillor Paul Brickell, said: "What a wonderful start this would be to a young person's career. I strongly encourage people leaving Newham schools and colleges to apply."

The current Get Ahead employees at the Olympic Viewing Gallery, Stratford



# with the Olympics



**One of the scheme's successes, Sutveer Kaur, 20, is a Newham girl. Here she tells us all about her time in Get Ahead.**

"I went to Langdon School in East Ham where I did my GCSEs and an A-level in PE. After that I went on to study A-level Media and BTEC Sports Development and Fitness at Newham Sixth Form College.

"During the bid for the 2012 Games I was a Young Ambassador, which meant that I got to represent the youth of London in Singapore, together with thirty other young people from the host boroughs. I love sport and, after that experience, I wanted to stay involved with the Games. They will not only change the area but also local people's lives, and it's really exciting to be part of that.

"I've already had a hand in the Olympics – I was part of the Ceremonies Team which produced the London 2012 handover performances in the closing ceremonies of the Beijing 2008 Games. I was working in the production office and also out on location where I helped run the UK rehearsals.

"Now I'm based in the communications department of LOCOG as part of the Editorial Services Team, working on internal communications and creating content for the website and publications.

"Get Ahead has been brilliant. It's allowed me to try out different things and get some valuable practical experience. I'd recommend it to anyone!"





# NEWHAM

## >> IN FOCUS



## Newham Academy feast of music ushers in spring

Newham Academy, the borough's exciting centre for music teaching, has shrugged off its scarf and gloves and set out to celebrate the brilliant performers who pass through its doors this spring.

The Spring Festival is a series of concerts in two weeks, showcasing the talents and energies of some of the best musicians in Newham. Although there are regular concerts all year round, the festival is a chance to bring together the ensembles – the groups of players – to perform to each other and to the public.

In addition to the FREE Performance Hour concert in the academy on Thursday 26 March, the programme is as follows: Wednesday 25 March, guitar and recorder concert, 7pm at the academy, £3/£2 concs/under-16s FREE; **Friday 27 March, Jazz Night, 7pm at NewVic, 379/381 High Street, Stratford, £6/£4 concs/under-16s FREE; Saturday 28 March, Beginner Strings, 11am at the academy, FREE**

**entry; Saturday 28 March, wind and brass concert, 7pm at All Saints Church, Church Street, West Ham, £6/£4 concs/under-16s FREE.**

Newham Academy is on Wakefield Street, East Ham, E6 1NG. Find out more at [www.newham-music.org.uk](http://www.newham-music.org.uk)



## Paint a picture of your past



Are you over 60? Do you live in Newham? Do you have a picture or a

photograph that says something about the history of your community? Or can you create a piece of art, a picture or a photograph which says something about where you live and write about what it means to you?

Then you could be featured in an exhibition on Newham's history called A picture paints a thousand words, coming to borough libraries this autumn. The exhibition aims to give voice to the past by hearing the stories, thoughts and views of older residents in the borough, who have lived through fascinating times. Mark Norfolk, council writer in residence, is currently holding workshop visits from professional poets and authors to spread the word, on Thursday 26 March, 10.30am-12.30pm at Mariner Day Centre, Manor Park; Tuesday 31 March, 1.30-3pm at St Luke's Community Centre, Canning Town and Thursday 2 April, 1.30-3pm at Ascension Church Centre, Custom House.

If you are a resident or an organisation interested in taking part, please contact Mark Norfolk on 020 8430 3838 or email [Mark.Norfolk@newham.gov.uk](mailto:Mark.Norfolk@newham.gov.uk)

## LITHUANIAN EASTER FAIR COMES TO STRATFORD

Experience Easter with an eastern flavour from 26-28 March in the Grove, Stratford. The European Lithuanian Chamber of Commerce is hosting an Easter fair,

following the successful Lithuanian Christmas fairs of the last two years. With Lithuanian souvenirs, ranging from unique flower bouquets to wooden ornaments, foods and traditional entertainment, including traditional Lithuanian dancing and music, it promises to be a fantastic cultural day out.

The market will run until 6pm on all three days.



## NEWHAM SCOUTS HEAD FOR COUNTY SWIMMING FINALS

Around 70 Scouts from the 13 groups in Newham took part in a swimming gala at East Ham Leisure Centre, where Deputy Mayor Councillor Christine Bowden, was on hand to present medals to the speediest swimmers. The Scouts had a great evening competing against other groups from the borough, and the winners from each of the 25 races will go on to represent Newham in finals against Scouts from the whole county. With a gold medal from a previous year's event, hopes are high for the Newham swimmers.



Cllr Bowden with two of the winners

## WIN COPIES OF AN AWARD-WINNING NOVEL!

Sade Adeniran, who won the 2008 Commonwealth Writers' Prize Africa Best First Book winner for her novel, *Imagine This*, will be putting her writing skills to work with a group of year nine English students at Brampton Manor School, East Ham.

For a six-week period, Sade will attend and lead discussions with selected pupils. At the end of this, the class will showcase their work to 300 other students. To mark the occasion, the Commonwealth Foundation is offering Newham Mag readers five copies of *Imagine This*. To be in with a chance of winning, answer this question: which Newham school is Sade Adeniran working with? Send your answer with your name, email address, home address and telephone number to [newham.mag@newham.gov.uk](mailto:newham.mag@newham.gov.uk) or Newham Mag, Newham Town Hall, E6 2RP before 3 April.

The activity is sponsored by local employer Tate & Lyle as part of its social responsibility work. For more information, visit [www.commonwealthfoundation.com/cwp](http://www.commonwealthfoundation.com/cwp)



Cllr Ian Corbett uses one of the new bins

## Don't bin it, bank it!

New recycling bins installed outside Tube stations across the borough are proving popular with residents who are fed up seeing piles of newspapers dumped on streets.

Eighteen bins have been placed in nine containers at key points in or near East Ham, Stratford, Canning Town, Upton Park, Plaistow and West Ham stations. Each bin can hold 120 litres of recyclable waste.

As well as being able to leave unwanted newspapers in the bins, commuters and residents can put drinks cans and plastic bottles and other recyclable materials in. They are monitored by the council's street cleansing teams and emptied as soon as they are full.

Cllr Ian Corbett, Newham's executive member for public realm, said: "Our investment in these recycling bins is important if we are to send a message to people, especially those travelling into our stations for work who bring in papers every day, to take responsibility for their waste and not to dump it on our streets and pavements. I am glad they are proving popular."

## NEWHAM PUPILS SKETCH OUT THEIR FUTURES

Thirty of Newham's year five pupils took a special art trip to Cambridge University as part of a creative programme for gifted and talented pupils, an initiative that the council has been running for four years.

"We wanted to show these young children what they can aspire to and achieve if they are prepared to work hard and aim high," said Andrew Mutter, the council's Arts Adviser.

Some of the finest drawings were done by Ahona Roy, 10, a pupil at Selwyn Primary School in Plaistow, who came to the UK from Bangladesh less than a year ago. Ahona's teachers at Selwyn were really keen that she should come on the trip as she shows such talent.

Sketches made on the Cambridge trip will form the basis of large-scale paintings which the children will create later this month for display in the Newham Young People's Arts Festival. Keep a look out in the mag for more information.





# Kids' corner



PLEASE SEND YOUR DRAWINGS,  
JOKES AND POEMS TO:  
**KIDS' CORNER, ROOM 59,  
NEWHAM TOWN HALL,  
EAST HAM E6 2RP**

## GALLERY



Jawaira Mahboob, 7



Salika Saleem, 10



Karun, 5



No name supplied



## WIN a meal at Caribbean Scene

You could win a tongue tinglingly tasty meal for four at Stratford's Caribbean Scene and give your family a bite of the beach lifestyle, right on your doorstep! If you'd like a chance to win this fantastic prize send your pictures, jokes and poems to **Kids' Corner, Room 59, Newham Town Hall, East Ham, E6 2RP**. Don't forget to write your name, age, address and contact telephone number on your entry – good luck!

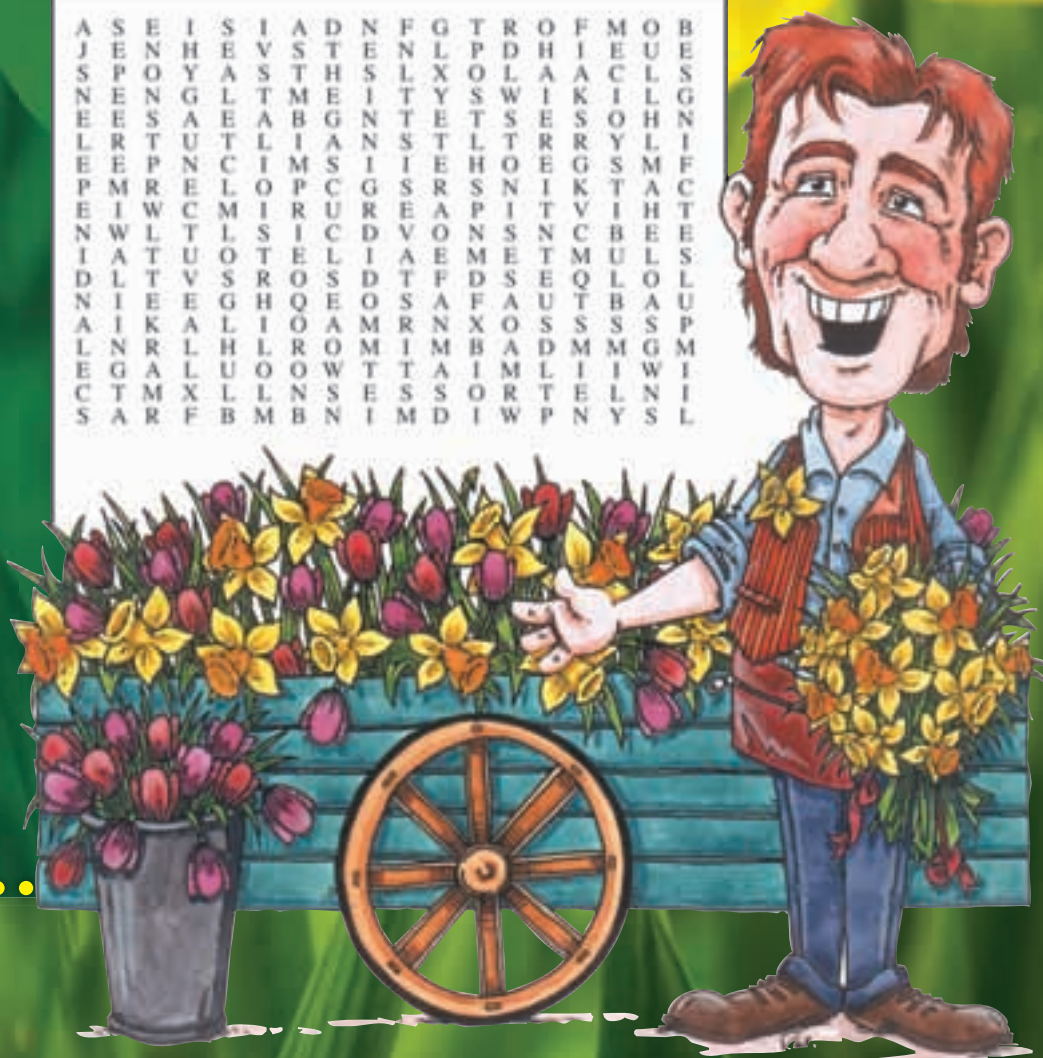


# Wordsearch

You must find the following words in the grid:

Blooms  
Bouquet  
Bucket  
Bulbs  
Catkins  
Celandine  
Crocuses  
Daffodils  
Daisies  
Flowers  
Market  
Petals  
Primroses  
Shoots  
Spring  
Stallholder  
Tulips  
Violets

A	S	E	I	S	I	A	D	N	F	G	T	R	O	F	M	O	B
J	P	N	H	E	V	S	T	E	N	L	P	D	H	I	E	U	E
S	E	O	G	A	T	M	H	E	S	X	S	W	A	A	C	L	S
P	N	E	A	E	B	I	G	I	T	T	T	L	E	R	O	H	N
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P	M	R	N	C	I	O	I	C	I	R	O	N	I	G	S	M	F
E	W	L	I	M	T	S	T	E	R	A	S	P	I	K	T	B	C
N	I	A	T	R	O	S	I	V	O	N	M	E	T	V	C	H	E
D	N	I	K	R	H	Q	E	A	F	F	A	S	E	N	M	L	O
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C	T	M	X	L	B	N	S	I	S	D	I	W	P	N	Y	S	I
S	A	R	F	B	M	N	I	M	D	I	O	I					





# YOUR SPACE

where young people take control

**Got something  
to shout  
about? Email  
your ideas to  
[newham.mag@  
newham.gov.uk](mailto:newham.mag@newham.gov.uk)**

## YOUNG CARER

**Zemzem Adam, 14, from Forest Gate, is one of Newham's Young Carers. Here she tells us about the support she has been given in caring for her younger brother.**

"When I first joined Young Carers I didn't really understand what a young carer was. I knew it was something to do with my brother but now I have a better understanding.

"To be honest I don't know what I would do if there was no Young Carers' Service. I've been a young carer for about four years and without it I wouldn't be the person I am today and I wouldn't know the great people I know.

"I never thought it was weird having a disabled brother; to me he was just like everybody else, it's just that he couldn't reply to me. Sometimes it's a bit hard and frustrating but I love my brother and I'm thankful in a way that he has a disability because I wouldn't have had the experiences I had if he wasn't.

"It's always hard telling people you have somebody to look after with a disability because there's always an awkward silence after, which isn't very nice. But people have to be educated to understand things, so you shouldn't be frightened to tell people. I'm not saying tell the whole world, but you know what I mean.

"I wasn't born in this country; I was born in Saudi Arabia and came to live in England when I was one, so I don't remember much. My parents come from Eritrea, which is in Africa, next to Ethiopia. I remember going there as a little girl and it was so different there. Everybody knew everyone and everybody helped you whenever you asked which was quite nice. However, there was a lot of poverty and seeing that made me even more grateful for what I have got.

"I just want to thank Jacqui and Malcolm for the great job they do and everybody else behind the scenes at Newham Carers' Network because without them there wouldn't be a Young Carers' Service."

**To find out more  
about the Young  
Carers' Network  
call 020 8522 1555.**



# WHAT'S ON?

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OF ACTIVITIES  
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20 MAR – 3 APR

## ALL LIBRARY LISTINGS

### UNDER 5s GROUPS

All open to under 5s with their  
parents/carers.

#### Storytelling

##### Beckton Globe

Friday 10-11am

##### Canning Town

Monday 10.30-11.30am

##### Custom House

Tuesday 10.15-11.15am

##### East Ham

Wednesday 2-3pm

##### The Gate

Friday 11am-12noon

##### Green Street

Thursday 10.30-11.30am

##### Manor Park

Thursday 10.30-11.30am

##### North Woolwich

Thursday 2-3pm

##### Plaistow

Tuesday 11am-12noon

##### Stratford

Tuesday 11am-12noon and Friday 2-3pm

##### Crafts Club

##### Manor Park

Tuesday 10.30-11.30am

##### Stratford

Monday 10.30-11.30am

##### Toy Library

Monday 10am-12noon and

Thursday 1-3pm

##### East Ham

Tuesday 10am-12noon and Thursday

10am-12noon

##### Messy Play

Beckton Globe Tuesdays  
during school term 1.30-2.30pm

##### Imaginative Play

East Ham Friday  
10.30-11.30am

### ADULT READING

#### Adult Reading Group

Plaistow Thursday 2 April

6.45-7.45pm

#### Gujarati Reading Group

Green Street Thursday 26

March 2pm-4pm

### OTHER GROUPS

#### Over 50s Club

##### Beckton Globe

Tuesday 9.45-11.45am

#### Click-On

East Ham Friday 27 July

10am-12noon and 2-4pm

Plaistow Friday 20 July

10am-12noon and 2-4pm

#### ICT Surgeries

East Ham Friday 27 July

10am-12noon and 2-4pm

The Gate Friday 10 August

10am-12noon and 2-4pm

North Woolwich Friday 10

August 10am-12noon and

2-4pm

Stratford Friday 20 July

10am-12noon and 2-4pm

### YOUNG PEOPLE

Homework Club – For  
young people aged 7 to 14.  
School term only.

#### Beckton Globe

Tuesday 4-6pm

#### Canning Town

Saturday 10-12noon

#### Custom House

Saturday

10-12noon

#### East Ham

Monday 4-6pm

#### The Gate

Thursday 4-6pm

#### Green Street

Tuesday 4-6pm

#### Manor Park

Saturday

10am-12noon

#### North Woolwich

Thursday

3.30-5.30pm

#### Plaistow

Thursday 4-6pm

#### Stratford

Monday 4-6pm

#### Children's Games Club –

For children aged 5 to 12.

#### Canning Town

Thursday 26

March 4-6pm

#### Games Club – PS2 and

Xbox games, music, board

games and more activities for

ages 8 to 13.

#### Custom House

Saturday

2-4pm

#### East Ham

Tuesday 3.30-5.30pm

#### Manor Park

Thursday 4-6pm

#### Teenage Games Club –

PS2 and Xbox games, music,

board games and many more

activities for ages 12-16.

#### Beckton

Mondays and

Wednesdays 3-5pm

#### Family Reading Group – A

chance for children aged five

to 11 and their families to read

together and have fun.

The Gate Saturday 28 March

2.30-4pm

Children's Reading

Group – Explore the pleasure

of reading in a family-friendly

environment.

#### Canning Town

Thursday 2

April 4.30-5.30pm

#### Teen Xtra Evenings – Free

activities for ages 12 to 21.

#### The Gate

Friday 6-8pm

#### Stratford Playerz

Stratford Thursday 26 March

5.30pm-7.30pm

### LIBRARY CONTACTS

Beckton Globe 1 Kingsford  
Way, E6 5JQ. 020 8430 4063

Canning Town Barking Road,  
E16 4HQ. 020 7476 2696

Custom House Prince  
Regent Lane, E16 3JJ. 020

7476 1565

East Ham High Street South,  
E6 6EL. 020 8430 3647

The Gate 4-20 Woodgrange  
Road, Forest Gate E7 0QH.

020 8430 3838

Green Street 337-341  
Green Street, E13 9AR. 020

8472 4101

Manor Park Romford Road,  
E12 5JY. 020 8430 2207

North Woolwich 5 Pier Parade,  
E16 2LJ. 020 8430 5900

Plaistow North Street,  
E13 9HL. 020 8472 0420

Stratford 3 The Grove,  
E15 1EL. 020 8430 6890

Archives and Local Studies:  
020 8430 6881





## ESTATE BASED SPORTS

**Sessions are open to 12-18 year-olds, free unless otherwise stated and for all abilities. For more information call 020 8430 2484 or visit [www.newham.com/2012Games](http://www.newham.com/2012Games)**

### Athletics

*Every Friday 4.30-6pm* 8 to 19 years, Drapers Field

### Basketball

For ages 8 to 19 unless otherwise stated.

### Leyton Orient Community Sports Programme (LO CSP)

*Monday 4.30-6.30pm*

Winsor Park

*Monday 7-9pm*

Froud Community Centre

*Tuesday 5-7pm*

Royal Victoria Gardens

*Tuesday 7.30-9pm*

Plaistow Park

*Wednesday 5-7pm*

Memorial Park

*Wednesday 5-6.30pm*

New Beckton Park

*Thursday 4.30-6.30pm*

Priory Park

*Thursday 5.30-7.30pm*

Barking Road Rec

*Friday 5-6.45pm*

Forest Gate Youth Centre

*Friday 5-7pm*

Lister Gardens Park

### Youngbloods Basketball Club

For more information please contact Caroline Charles 07958 307657 or Steven on 07940 111175.

*Tuesday 6-8pm, under-15s and under-14s*

East Ham Leisure Centre

*Tuesday 8-10pm, under-18 and under-16 boys*

East Ham Leisure Centre

*Tuesday 5.30-7.30pm, under-16s and under-15s*

Newham Leisure Centre

*Thursday 6-8pm, under-15 boys national league*

Newham Leisure Centre

*Saturday 1-3pm, under-13s and minis*

East Ham Leisure Centre

### Cricket

*Thursday 5-7pm,*

8 to 16 years

Newham Cricket Club

Langdon School

£1 per session

*Tuesday 5.30-7pm,*

8 to 19 years

Score Indoor Complex

*Thursday 4.30-6pm,*

8 to 19 years Drapers Field

### Football

*Monday 6-8pm*

Plaistow Park

*Tuesday 5.30-7.30pm*

Little Ilford Ball Cage

*Tuesday 5-7pm*

Stratford Park

*Tuesday 5-7pm*

Phoenix Cage

*Wednesday 4.30-6.30pm*

Royal Victoria Gardens

*Wednesday 5-7pm, 8 to 19 years* Stratford Park

*Wednesday 7.30-9.30pm, 16+ years (£2 charge)*

Score Complex

*Thursday 5-7pm*

Scud Park Ball Cage

*Thursday 6-8pm*

Forest Gate Youth Centre

*Friday 4-5.30pm (term time only)*

St John's Community Centre

*Friday 6-8pm*

Priory Park Ball Cage

*Saturday 2-4pm, 6 to 14 years (£3 charge)* Score Complex

### Ascension Football Academy

For more information please contact Louise on 07841 749292.

*Saturday*

School years R to 3:

9.30-10.30am

School years 4 to 7:

10.45-11.45am

School years 8 to 11:

12noon-1.30pm

£2.50 per session

King George V Park

### Newham All Star Sports Academy(NASSA)

For more information please visit [www.nassa2012.org.uk](http://www.nassa2012.org.uk)

*Monday 6-7.30pm 12-16*

*years mixed; 7.30-9pm 18+*

Newham Leisure Centre

*Tuesday 4.30-6pm*

at Sarah Bonnell School E15 (girls 11 to 16)

*Thursday 6-8pm*

Cumberland Sports College mixed (11 to 16 years)

*Friday 16.15-15.30*

(mixed 8 to 11years) 3.30-

7.30pm (mixed 12 to 16years)

Cumberland Sports College

*Saturday 11am-1pm*

Sarah Bonnell School E15

(mixed 8 to 11years)

### Estates Football and Basketball League

*Monday 6-8pm, under-14s and under-17s*

Score Complex Hard Court

*Tuesday 5.30-7pm, under-12s and under-14s* Drapers Field

*Friday 6-8pm,*

*under-14s and under-17s*

Leyton Manor Park

### Newham Swords Fencing Club

*Thursday 6-8.30pm*

Kingsford School

*Friday 6-8.30pm*

Lister School

Ages 8 to 18 years

Mini-fence sessions for 5 to 7 year olds

For more information call Linda on 07956 618 898

### Football and Basketball

*Monday 4.30-6.30pm*

Winsor Park

*Wednesday 5-7pm*



New Beckton Park Ball Cage  
 Wednesday 4.30-6.30pm  
 Ford Park  
 Wednesday 6-8pm  
 Plashet Park  
 Thursday 4.30-6.30pm  
 Priory Park Ball Cage  
 Thursday 5.30-7.30pm  
 Barking Road Rec  
 Friday 5-7pm  
 Lister Gardens Park  
 Friday 5-7pm  
 Canning Town MUGA

### Multi-Sports

Monday 5-7pm, 8 to 19 years  
 Langthorne Park  
 Monday 5-7pm, 8 to 19 years  
 Alma Street MUGA  
 Tuesday 4-5pm  
 Carpenters and Docklands  
 Centre (term time only)  
 Tuesday 5-7pm, 8 to 19 years  
 Stratford Park  
 Wednesday 4-5pm  
 Carpenters and Docklands  
 Centre (term time only)  
 Wednesday  
 5-7pm, 8 to 19 years  
 The CAGE (Chatsworth Active  
 Games Enclosure)  
 Wednesday 5-7pm  
 Stratford Park  
 Wednesday 4-6pm, 10 to 19  
 years Cann Hall Park  
 Wednesday 5-7pm, 8 to 19  
 years Major Road Ball Park  
 Thursday 5-7pm,  
 8 to 19 years The CAGE

### Eastlea Handball Club

Thursday 4-5pm  
 11 to 18 years  
 Eastlea School  
 Thursday 5-6pm  
 4 to 11 years  
 Eastlea School

### Stratford Handball Club

Monday 3.15-4.15pm  
 11 to 18 years  
 Stratford Secondary School  
 Monday 4.30-5.30pm  
 4 to 11 years  
 Stratford Secondary School

### Venue Addresses

Alma Street MUGA  
 Stratford E15  
 Barking Road Rec  
 Burges Road, East Ham E6  
 The CAGE (Chatsworth Active  
 Games Enclosure) Cruickshank  
 Road, Stratford E15  
 Cann Hall Park  
 Off Cann Hall Road, E11  
 Canning Town MUGA  
 Corner of Freemasons Road  
 and Sophia Road, E16  
 Carpenters and  
 Docklands Centre  
 98 Gibbins Road, Stratford  
 E15 2HU  
 Cumberland School  
 Sports College  
 Oban Close, Plaistow E13 8SJ  
 Drapers Field  
 Temple Mills Lane, off Leyton  
 High Road, E15  
 East Ham Leisure Centre  
 324 Barking Road,  
 East Ham E6 2RT  
 Ford Park, Canning Town, E16  
 Forest Gate Youth Centre  
 Woodgrange Road, E7  
 Froud Centre  
 Toronto Avenue,  
 Manor Park E12 5JF  
 Langthorne Park  
 Off Leytonstone High  
 Road, E11  
 Leyton Manor Park  
 Off Capworth Street,  
 Leyton E10  
 Lister Gardens Park  
 Corner of Upper Road and  
 Florence Road, Plaistow E13  
 Little Ilford Ball Cage  
 Reynolds Avenue,  
 Manor Park E12  
 Major Road Ball Cage  
 Stratford E15  
 Memorial Park  
 West Ham E15  
 New Beckton Park Ball Cage  
 Savage Gardens, Beckton E6  
 Newham Leisure Centre  
 281 Prince Regent Lane,  
 Plaistow E13 8SD  
 Phoenix Cage  
 Milner Road, West Ham E13  
 Plaistow Park



Balaam Street, Plaistow E13  
 Plashet Park  
 Woodhouse Grove,  
 East Ham E6  
 Priory Park Ball Cage  
 William Morley Close,  
 Upton Park E13  
 Royal Victoria Gardens  
 Pier Road, North  
 Woolwich E16  
 Sarah Bonnell School  
 Deanery Road,  
 Stratford E15 4LP  
 Score Complex  
 100 Oliver Road  
 Leyton E10 5JY  
 Scud Park Ball Cage  
 Tant Avenue,  
 Canning Town E16  
 Stratford Park  
 Densham Road,  
 Stratford E15  
 St John's Community Centre  
 Albert Road, North  
 Woolwich E16  
 Winsor Park, Warwall,  
 Beckton E6

### ALL OTHER LISTINGS

#### SPORTS AND PHYSICAL ACTIVITIES FOR DISABLED PEOPLE

### Multi-Sports

Mondays at Eastlea multi-sports  
 club for SEN & disabled young  
 people, Eastlea Community  
 School from 4-5.30pm

### Multi-Activities

People with Disabilities Club,  
 Tuesdays at Newham Leisure  
 Centre from 10.30am-12noon

### Swimming

People with Disabilities Club,  
 Tuesdays at Newham Leisure  
 Centre from 3-5pm  
 Newham Otters Swimming Club,  
 Saturdays at Newham Leisure  
 Centre from 4.45-5.45pm  
 Real Life Parenting, Sundays  
 at Balaam Leisure Centre from  
 2-4pm

### Trampolining / Fitness / Swimming

SEN and disabled adults at  
 Newham Leisure Centre,  
 Tuesdays from 10am-4pm

### Get fit for free

Free use of the gym for one  
 year for people with learning  
 disabilities at Newham Leisure  
 Centre on Tuesdays from 1.30-  
 3.30pm. To book an induction  
 you must contact Susy Massey  
 on 020 7511 4477

### Goalball

First Thursday of the month  
 at Newham Club, Brampton  
 Manor School from 5-7pm

### B1 Football Club

Third Sunday of every month  
 at East Ham Leisure Centre  
 from 10am-12midday





## COMMITTEE MEETINGS

The following meetings all take place at Newham Town Hall, East Ham, unless specified.

### Standing Advisory Committee on Religious Education (SACRE)

Wednesday 25 March, 7pm

### Development Control Committee

Wednesday 1 April, 7pm

### Newham Partnership Board

Thursday 2 April, 3.30pm

### Cabinet

Thursday 2 April, 5pm

Meetings are subject to cancellation. Details of meetings, agendas and minutes are available on the Newham website – [www.newham.gov.uk](http://www.newham.gov.uk)

The Forward Plan, also available on the Newham website, sets out all Key Decisions to be taken over the next 4 month period. The April Edition of the Forward Plan will be published on 16 March 2009.

## STRATFORD MUGA ACTIVITIES

### Monday

Community Forum Ladies, 5.30-9.30pm

### Tuesday

Basketball, 5-6.30pm

Focus E15 Football, 8-10pm

### Wednesday

Handball U12s, Handball Courts, 4-5pm  
Handball U16s TID, Handball Courts, 5-7pm

### Thursday

Newham Junior FUTSAL, 5-7pm  
Newham FUTSAL League, 7-10pm

### Friday

Focus E15, Football session, 7-10pm

### Saturday

Newham EBS Basketball, 12noon-3pm (every 2nd Saturday of the month)

Newham EBS Handball, Handball Courts, 10am-1pm (every 3rd Saturday of the month)  
Russian Circle "Zaniye", Old MUGA, 3-6pm

Key holders: LOCSP: 020 8556 5973; Darren Watson: 0208 430 2489; Leon O'Sahon: 020 8430 2479

## OTHER EVENTS

### West Ham Bowling Club

New members welcome  
Accessible to disabled players  
Mondays to Fridays, 12.30-3.15pm  
Atherton Leisure Centre  
189 Romford Road, E15  
Six players costs £6.50 (£1.20 each)  
Call 020 8471 5252 or email [john@boatmaster.co.uk](mailto:john@boatmaster.co.uk)

### Get Fit @ The Hub

123 Star Lane, Canning Town, London E16 4PZ

Equipment provided  
Mondays 1-2pm, 18+  
£2 unwaged / £4 waged

### Newham Cyclists Annual General Meeting

Monday 30 March, 7.30-9pm.

University of East London

Stratford Campus

University House,

Romford Road E15

Guest Speaker: Simon Jay, Sustainable Transport Manager, Olympic Delivery Authority.

All welcome with an interest in the impact of the 2012 Games on cycling and walking.

For further information contact Bernard McDonnell, Newham Cyclists at [adavil@ntlworld.com](mailto:adavil@ntlworld.com) or 07947236965

### Newham Asian Women's project

Free event for women on Wednesday 25 March  
Newham Town Hall  
11am-5pm

Offering: FREE complementary therapies. FREE fresh fruit and vegetable snack and juice bar. FREE sexual health information and contraception. FREE personal MOTs FREE mendhi & beauty therapy treatments. A range of books and resources for women and girls. A FREE legal advice drop in surgery. FREE children's entertainment and much, much more!

Please note that this event is for WOMEN AND GIRLS ONLY and is entirely FREE.

For more information, please contact Aarunima Bhatnagar on [abhatnagar@nawp.org](mailto:abhatnagar@nawp.org) or 020 8519 9136

### Newham Mini Playday

28 March 11am - 3pm

Forest Lane Park

Magpie Close, E7

Have your say about changes to Forest Lane Park and have a fun day out with the family. Activities include a bouncy castle, under 5s play area, face painting, badge making and a T-shirt workshop.

## USEFUL NUMBERS

### 020 8430 2000

Hundreds of services, just one number – for all council enquiries

For questions about councillor surgeries or to find out which ward you live in, call 020 8430 2000 or visit [www.newham.gov.uk/yourcouncillor](http://www.newham.gov.uk/yourcouncillor)

Write to Mayor Sir Robin Wales at Newham Town Hall, Barking Road, East Ham E6 2RP or email [mayor@newham.gov.uk](mailto:mayor@newham.gov.uk)

For information about Community Forums freephone 0800 519 4015 or email [community.forums@newham.gov.uk](mailto:community.forums@newham.gov.uk)

For information about the 2012 Games and how it will affect Newham, visit [www.newham.com/2012Games](http://www.newham.com/2012Games)

To report anti-social behaviour call Newham's 24-hour hotline on 0800 731 3300

To speak to the editor of The Newham Mag, call Anita Plaha on 020 8430 2000 or email [newham.mag@newham.gov.uk](mailto:newham.mag@newham.gov.uk)

**rifco arts**

PRESENTS

# Where's My Desi Soulmate?

Written by Sonia Likhari and Harvey Virdi

**10-29 MARCH**

Tickets and information:

**020 8534 0310**

Book online:

**stratfordeast.com**



**THEATRE ROYAL**  
STRATFORD EAST





MAYOR OF  
NEWHAM

Newham London

Wake up to...

# Sunday fun day

Brought to you  
by The Mayor  
of Newham



# sunday 19 april

## 10.30am - 4.30pm

a fun day packed with **FREE** entertainment for the whole family

### what's on

- extreme sports area
- football demos
- basketball demos
- tea dances
- children's entertainment area
- create your own art
- and lots more for all ages!

### location

in and around Stratford Park  
& Stratford Town Centre.

**DLR:** Stratford  
**Tube:** Stratford - Jubilee  
and Central Lines  
**Buses:** 25, 69, 86, 104, 108, 158,  
238, 241, 257, 262, 276,  
308, 473, D8, S2



come and watch the 10K run with  
Tessa Sanderson CBE or to join the  
run visit [www.newhamclassic10k.com](http://www.newhamclassic10k.com)  
or call 07513 993952

further information and updates  
visit [www.newham.com](http://www.newham.com) or call 020 8430 2000

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